



mindfulness
EXERCISES
INSTITUTE

CERTIFIED MINDFULNESS MEDITATION TEACHER

JOEY KASZ

successfully completed our thorough training program to teach evidence-based mindfulness and meditation practices for enhancing people's mental health, resilience and well-being.

Internationally Accredited by
The Continuing Professional Development Certification Service

CPD
CERTIFIED
The CPD Certification
Service

Attested to on this 12th day
of June, 2019

Sean Fargo

Sean Fargo
Founder
Mindfulness Exercises
MindfulnessExercises.com